



COMBATING COLDS AND FLU

No matter how healthy you are, most people get, on the average, three or four colds a year. Colds & Flu are not caused by getting cold or wet. They are caused by one of 200 viruses. Children typically get six or seven colds a year. Very few people escape the occasional bout of influenza (flu).

I. What you can do to Relieve Symptoms:

- ◆ Get plenty of rest, take aspirin, acetaminophen or ibuprofen (give only acetaminophen or ibuprofen to children) or decongestants if they make you feel better. Antibiotics are useless in treating viral infections such as colds and flu. But sometimes antibiotics are used to treat secondary bacterial infections such as pneumonia or ear infections. Avoid cold medicines that treat everything at once. Treat a stuffy nose with a decongestant, coughing with cough medicine etc.
- ◆ Drink plenty of liquids. Limit caffeine as it can cause dehydration.
- ◆ Use a cool-mist humidifier to combat stuffiness and dry cough, but only while you sleep (too much moisture can cause fungi to grow, possibly triggering an allergic reaction). Or try breathing the steam from hot tea or chicken broth.
- ◆ Use nasal sprays for no more than three days.



II. Home Remedies:

- ⇒ Make your own nose drops to relieve congestion. Use 1/2 teaspoon of salt to 1 cup of lukewarm water.
- ⇒ Gargle with lukewarm salt water to relieve a sore throat.
- ⇒ Enjoy as much steaming hot tea, chicken broth or hot water as you like. The steam helps moisturize your nasal passages.

III. Call the doctor if you have:

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| * A persistent or high fever | * Difficulty breathing. |
| * Swollen glands in your neck. | * A severe headache with stiff neck, fever, nausea or vomiting. |
| * A whitish coating on your tonsils or throat. | |
| * Symptoms that last more than two weeks. | |



IV. For additional information visit www.msn.com. Type in Colds and Flu in Search box.

Look for these articles:

www.fda.gov—<http://www.fda.gov/opacom/lowlit/clds&flu.html>

[Webmd.com](http://www.webmd.com)—<http://www.webmd.com/cold-and-flu/default.htm>

[Family Doctor.com](http://familydoctor.com)—<http://familydoctor.org/online/famdocen/home/common/infections/cold-flu/073.html>